

Spring Hill RECenter

703.827.0989

Spring

XYO-Group Fitness Schedule (March 1-April 30)

If you do not have a pass to the RECenter a \$6.20 (non-county \$8.25) general admission fee will be charged at the time of check-in. Calendar is subject to change, please call the RECenter with questions or concerns.

MON	TUES	WED	THUR	FRI	SAT
There will be no XYO Class April 5-10 th Have a wonderful Spring Break!					Mix It UP 8-8:55 AM Lori
Low Impact 9:15-10:15 AM Lana	Mix It UP 9-9:55 AM Paulette	Low Impact 9:15-10:10 AM Cheryl	Mix It UP 9-9:55 AM Paulette	Low Impact 9:15-10:15 AM Lana	
Sculpt/ Strengthen & Tone 10:20-11:20AM Lana				Sculpt/ Strengthen & Tone 10:20-11:20AM Lana	
		Ball Basics 12-12:55 PM Maureen			
Super Step, Sculpt and Stretch 6-6:55 PM Gretchen	Cardio Kickboxing 6-6:55 PM Doug		Cardio Kickboxing 6-6:55 PM Doug		
	Interval Mix 7-7:55 PM Katie				

Please feel free to let us know how
we are doing.
e-mail me at this address
allison.palmer@fairfaxcounty.gov

Call the center at 703-827-0989
for cancellations due to weather.